

Arts & Crafts

We started the new year with a blast! Have you ever seen animals made out of wire hangers? We had great fun decorating ours as well accessorized our own wallets, crafted dream catchers to place in our windows and personalised water bottles which we are enjoying using!

If you'd like to come along to Art, please contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk. We ask all members, staff and volunteers to take a Lateral Flow Test before attending and to bring the (negative) test along.



Jubilee Club

It's been non-stop fun at Jubilee Club this month, we started the year off by playing board games and the following week we all won lots of lovely prizes playing card bingo. Chair yoga was up next with a super session that made us all feel very calm and relaxed and we ended the month with a games evening.

If you'd like to come along to Jubilee Club, please contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk.

We ask all members, staff and volunteers to take a Lateral Flow Test before attending and to bring the (negative) test along



Coffee Morning

We're really enjoyed being back together for our weekly Coffee Morning, drop in. We celebrated two birthdays this month, Happy Birthday to Karen and Linda and we met our newest mini bus driver, Raz. Welcome Raz, we look forward to you driving our mini bus soon.

Serena told us about the pom blanket she made (see photo below), it looks so cosy, Serena!

Above all, we have enjoyed catching up with each other again.

If you'd like to come along to Coffee Morning, please contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk.

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Healthy Eating

We have been all over the world this month at Healthy Eating! We celebrated Burns Night and enjoyed toasting the haggis. We listening to Robert Burns poems and sang Auld Lang Syne. Up next was Chinese New Year, we learnt how to make vegetable spring rolls and a tasty vegetable stir fry. The highlight was our dessert, we read out our fortunes and enjoyed eating the fortune cookies too. We also made Easy PEAsy Risotto and healthy apples scones this month. It's been a busy, healthy January!

Contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk if you'd like to try out our Healthy Eating sessions. We ask all members, staff and volunteers to take a Lateral Flow Test before attending and to bring the (negative) test along

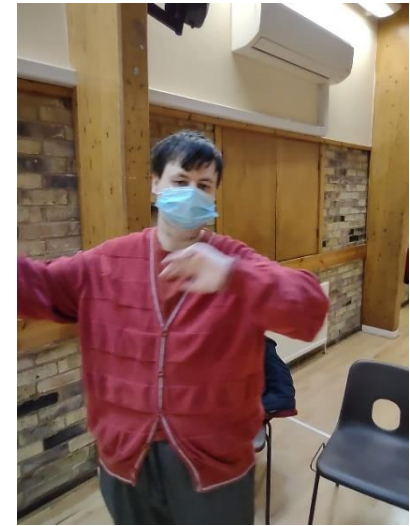


Dance Aerobics

We've really enjoyed getting back into fitness at Dance Aerobics this month, as usual the music has been upbeat and lots of fun. It's great to see Angie and to get our bodies exercising again.

Contact Karen on 07938 722619 / hdcomm@hertsmeremencap.org.uk if you'd like to boogie with us at Dance.

We ask all members, staff and volunteers to take a Lateral Flow Test before attending and to bring the (negative) test along



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PLAY NOW:

Go to www.hertsmerecommunitylottery.co.uk
and search for: **Hertsmere Mencap**



We are proud to be supporting the **Hertsmere Community Lottery**, created by Hertsmere Borough Council.

In December, Hertsmere Borough Council visited our Healthy Eating session to see what we do at Hertsmere Mencap. We are featured in their promotional video to publicise the Lottery, you can watch it on <https://youtu.be/GpYKp7XaOyA>

A ticket for Hertsmere Community Lottery costs £1 a week and 60p will go directly to Hertsmere Mencap, you can view our page on www.hertsmerecommunitylottery.co.uk/support/hertsmere-mencap

If you're in the weekly draw on Saturday 26th February, you'll also have the chance to win a £1,000 Sainsbury's Gift Voucher!

Thank you for your support.

Noah's Ark Playscheme

We are currently in the process of planning our *Easter playscheme* which will be running from 6th-12th April (weekdays only).

We are recruiting Play Assistants for Easter, please email for further details.

For more information on our Playscheme or to apply for the Play Assistants position, please contact:

Rochelle Gould on 020 8906 2783 / noahs.ark@hertsmeremencap.org.uk

Following Rochelle's announcement that she is sadly leaving Hertsmere Mencap at the end of February, we are delighted to announce *Hayley Bentley* is taking over the reins. Some of you may remember Hayley, as her son used to attend the playscheme. Hayley is already working on Easter's playscheme.

Welcome Hayley and a big thank you to Rochelle who has been a wonderful and dedicated coordinator for so many years. Rochelle has been instrumental in making the playscheme a huge success year after year and will be missed by everyone.

A message from Alyson, Head Play Leader at Noah's Ark

I have worked and been friends with Rochelle for over 11 years and between us have made Noah's Ark what it is today. I and my daughters, Amber and Ditza, both staff members, will miss working with Rochelle and wish her good things for the future. I also look forward to working with Hayley who I know from her time as a parent. I look forward to working with Hayley and continuing the Noah's Ark journey together.

February Activities Schedule



February 2022
Borehamwood, WD6



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7 No Art	8 Jubilee Club 7-9.00pm	9 Coffee Morning 10-11.30am	10 Healthy Eating 11.30-1.30	11 Dance Aerobics 10.00-11.00am	12
13	14 Art 10-11.30am	9 Jubilee Club 7-9.00pm	10 Coffee Morning 10-11.30am	11 Healthy Eating 11.30-1.30	12 Dance Aerobics 10.00 -11.00am	19
20	15 Art 10-11.30am	16 Jubilee Club 7-9.00pm	17 Coffee Morning 10-11.30am	18 Healthy Eating 11.30-1.30	19 Dance Aerobics 10.00-11.00am	26
27	22 Art 10-11.30am	23 Jubilee Club 7-9.00pm	24 Coffee Morning 10-11.30am	25 Healthy Eating 11.30-1.30	26 Dance Aerobics 10.00-11.00am	27
28	1 March Art 10-11.30am	2 March Jubilee Club 7-9.00pm	3 March Coffee Morning 10-11.30am	4 March Healthy Eating 11.30-1.30	5 March Dance Aerobics 10.00-11.00am	6+

Volunteer Opportunities

Are you interested in **Volunteering**? We would love to hear from you.

Volunteering at Hertsmere Mencap is not only great fun, you'll also be helping disadvantaged people to lead more fulfilling lives and you will gain considerable job satisfaction in doing so!

We have a number of **volunteering opportunities** including Volunteer **Day Activities Volunteers** for **Coffee Morning on Wednesdays, Healthy Eating on Thursdays and Dance Aerobics on Fridays**. We are also looking for **Mini Bus drivers**.



If you are interested, please contact Karen on:
(m) - 07938 722619
(e) - hdcomm@hertsmeremencap.org.uk to find out more information and to receive an application form.

Dates for your Diary

Monday 6th – Tuesday 12th April (excluding weekend) – Noah's Ark, Easter playscheme

Saturday 9th April - 6.30pm -10.00pm Hertsmere Mencap's (belated) Christmas Party at Allum Hall WD6

Starting soon – Our popular **Drama** sessions. They will run on Thursdays from 11.30am -1pm

Keep in Touch

Don't forget to have a look at our Facebook page at www.facebook.com/Hertsmere-Mencap to see lots of photos from our daily activities.

You'll find all our latest news and a timetable of activities on our website www.hertsmeremencap.org.uk

For more information please contact: [Karen on 07938 722 619 hdcomm@hertsmeremencap.org.uk](mailto:hdcomm@hertsmeremencap.org.uk)

If you no longer wish to receive our Newsletter please email hdcomm@hertsmeremencap.org.uk



Helping people to do the things they love